

British Speedgolf Pairs Championship Rules

- Pairs will compete playing in a Foursome format - simple alternate shot, using a single ball
- Player 1 tees off, and then each player takes alternate shots to finish the hole. Next hole Player 2 tees off, followed by alternate shots and so on. Tee offs will be rotated throughout the round, this ensures each will tee off on 9 holes but each player must run together, **behind the ball** for safety reasons. The exception is from the putting green where the player not playing the golf stroke may traverse to the next tee box, if they so choose.
- Each player **must carry at least one club**, up to 7 each, it is a tactical decision as to how many clubs each player carries and whether to use golf pencil bag or not; **sharing clubs is NOT permitted.**
- **Running Start** to first tee. You will have a countdown to start and your starting time will be recorded.
- Players will be set off at **intervals** of 5-6 minutes to minimise the chance of playthroughs
- Lost balls – **don't waste time looking for lost balls.** Drop ball on line of flight of previous shot but **no nearer the hole** and record a **one shot** penalty. The same rule applies for an unplayable position or for a ball out of bounds. Track back if necessary.
- **No Provisional Balls should be played in Speedgolf** as this rule would prove counterproductive to save time. Always play with the Speedgolf Spirit in mind – fairness!
- **Putting** - Leave clubs/bags at the **edge of the putting green** (unless you are carrying them). You can Putt with the flag in the hole to save you time, but it's your choice. Tip – better to leave bag/clubs at departure point of green as this will save you time.
- Each pair will have a **scorer** following in a buggy to record their golf strokes (+ penalties), they will **not** assist players.
- **Play throughs** – Approaching player must alert the player in front by yelling, "**coming through**". **The pair in front MUST STOP and move out of the field of play.** They must remain in a non-interfering position until the pair from behind has passed completely. After the passing pair is out of the way, the passed players may continue their round but **only** when safe to do so, this may be when the faster pair has finished the hole. Different pairs **cannot** collude to finish the hole/round together.
- Shouting of the word '**fore**' will be retained as a warning to avoid an imminently approaching wayward ball as in regular golf.
- **Finish** – your finish time will be recorded once you reach the finish line and NOT after your final putt, so don't forget to make haste to the finish!

Tips

- Warm up and stretch before your round
- Don't waste time retrieving lost tees, so take plenty with you for your round.
- Jog if you can between strokes – **pace yourself**, the course is demanding, go round at a steady pace don't sprint you'll soon become fatigued. **Fast pace walking is permissible and totally acceptable.**
- Take enough spare balls!
- Breathe and compose yourself for your golf strokes, take the time to watch the ball!